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CHEESE POINTERS

There has been a revival of interest in home cheesemaking in a number of States recently. Both whole-milk American Cheddar cheese and cottage cheese always have been made to a greater or less extent on farms. The Cheddar-type cheese stores well, and if there is more than the family requires, some of it may be sold. Cottage cheese is more of a day-to-day method of utilizing surplus milk. Most of it is consumed by the family shortly after it is made unless a local demand for it has been created.

But there are new ways of doing old tasks. Some of the newer developments have been by State agricultural colleges and some by the Bureau of Dairy Industry of the U. S. Department of Agriculture. For example, farm methods of making Cheddar cheese have been improved. The use of rennet to make cottage cheese with a low acid content has greatly improved this product.

Most farm homemakers are aware of the high food value of whole-milk American Cheddar cheese. Five ounces of it are the equivalent of a quart of whole milk in respect to protein, vitamins, and calcium. Homemakers also know a great many different ways of using cheese in meals, and understand that dishes containing cheese should be cooked at low heat. Another well understood principle of preparing cheese is based on the fact that it is such a concentrated food that we cannot take much of it "straight." It is therefore combined with other materials, particularly with cereals, as when it is added to a white sauce thickened with flour and then put with cooked macaroni, or added to milk and bread crumbs in making a cheese souffle.

In addition to using cottage cheese "as is" for a luncheon or supper dish, it may be served in a baked loaf with peanuts and bread crumbs as a nutritious main dish, or made into a delicious cottage cheese pie for dessert. In salads, cottage cheese again varies its appearance.

Another type of cheese made to a considerable extent in America is domestic Swiss cheese. Methods of making this cheese have improved as a result of studies by the Bureau of Dairy Industry. This cheese can be made successfully only under factory-scale conditions, but even if the farm homemaker has to buy cheese occasionally rather than make it, she will find this kind a pleasant addition to the menu. True domestic Swiss cheese has the identifying holes in it. There is also a processed Swiss cheese, sold in brick form and in packages, which has no holes.

The latest comer on the cheese counter is the "Bel Paese" type, of Italian origin. It is marked under the name of "Melody" cheese in the United States. As yet it is made only in one factory in this country. It is soft and waxy in texture, mild in flavor, and good to eat with crackers or in sandwiches. Both Swiss and Bel Paese cheeses are eaten as they come, chiefly in sandwich form, but the sandwiches may be toasted.

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